Some Tips to Help You Reduce Excess Holiday Pounds

The Holiday Season is a time of giving & celebrating. It is also a time of increased waste. It's estimated that between Thanksgiving and New Year's Day, more than 1 million tons of additional waste is generated each week nationwide. In fact, 38,000 miles of ribbon alone is thrown out each year – enough to tie a bow around the Earth!

- Avoid over packaged products. Almost 1/3 of your garbage is packaging that is thrown out immediately!
- Be creative! Find ways to create and decorate your own wrapping paper from items, like newspapers & paper bags.
- Remember to recycle your paper gift wrap.
- Purchase items made from recyclable materials.
- Nearly 40% of all battery sales are made during the holiday season. Purchase rechargeable batteries so that they can be reused over again and recycled if they no longer work.
- Invest in reusable items and limit the use of disposables. Take reusable bags for all of your holiday shopping trips. Recycle any plastic bags at a nearby grocery store.
- Limit your junk mail by removing your name from mailing lists. Visit www.donotmail.org for more
 information or download the PaperKarma™ app to your smartphone.
- Donate unwanted items that are still usable to local non-profits or charities.
- Don't forget that Harford County is single stream! All your recyclables in one container!



Harford County Executive